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Meth addiction on the rise in Alberta

'Pitfall.' Highly addictive drug comes with potential lifelong side effects

JEREMY NOLAIS
jeremy.nolais@metronews.ca

Youth outreach workers and counsellors say they aren't surprised an increasing number of young Albertans are seeking help to overcome addictions related to crystal meth.

Data provided by Alberta Health Services shows that 1,116 people between the ages of 12-24 sought treatment for meth-related addictions during the 2012-13 reporting period, a spike of 45 per cent over the four-year average.

Calgary police, meanwhile, also encountered meth more often in 2013, with 122 cases involving the drug compared to 90 the year prior.

Danene Lenstra, a program lead at the Alex Youth Health Centre, said she's seen a substantial increase in clients addicted to meth in recent years. She said the drug is often used as a "coping mechanism" or "escape" but often leads users down an even darker path — paranoia, aggression and inability to sleep are just some of the short-term side effects.

"The kids I've seen over the longer term I would say are absolutely changed forever," she said. "Even when I've seen them cleaned up, they were never the same."

Calgary police have consistently come across increasing amounts of meth in recent years. Total cases involving the drug have jumped 335 per cent over the past half decade when considering meth was encountered just 28 times in 2009. But investigators have suggested some of the increase could be attributed to stiffer crackdowns on dealers and traffickers.

In September, city police touted a meth bust that saw $1.2 million worth of the drug taken off city streets, making it the single largest seizure of the substance in the city's history. Investigators followed up that haul with a $210,000 bust the following week.

But answers as to why the dangerous substance appears to be more popular in recent years among young adults and even minors are tough to pinpoint, according to those helping people combat addictions.

"Ultimately, I just think it's curiosity," said Peter Baka, program co-ordinator with The Last Door Recovery Society, which aids clients from across North America. "Other kids are doing it, they want to see what it's like so they experiment.

"The problem is you don't really know you have a problem until you do," he continued. "That's the pitfall of someone experimenting with drugs."

STANDING WITH UKRAINE

Seven-year-old Yaroslav Samar holds a sign calling for a united Ukraine. The young Calgary resident was one of more than 200 people who gathered in front of city hall Sunday evening, beneath a Ukrainian flag flying on one of the city's four official flagpoles, to condemn the Russian occupation of Crimea. The vigil was also for those who died in the protests that led to the ouster of former Ukrainian president Viktor Yanukovych. ROBSON FLETCHER/METRO

TAX TIPS

You might be eligible for a first-time home buyers' tax credit

If you acquired a qualifying home after January 27, 2009, you could be eligible for a home buyers' tax credit, which is a non-refundable tax credit worth up to about $750.

This tax tip brought to you by Alberta's designated accountants. For more information, or to see all of the useful tax tips, please visit:
www.albertaaccountants.org

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The Alberta Accountants Unification Agency provides tax tips on an annual basis as a public service. The tips are intended to be used as general guidance. For specific advice about filling your 2013 tax return, please consult with the Canada Revenue Agency or your personal tax professional.

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'No place for a woman'?

WestJet aims to soar past sexist controversy

There's plenty of room for women on the flight deck, the air-traffic control centre, and the airport tarmac.

That's the message behind a new video produced by Calgary-based WestJet that aims to fuel positive discussion in the wake of a sexist note written by a passenger targeting one of the airline's experienced female pilots.

While aboard a Calgary to Victoria flight, "David" wrote that the cockpit of an airplane is "no place for a woman," and asked the airline to inform him next time a female pilot was at the helm so he could book another flight.

But the pilot targeted by the note, 17-year aviation veteran Carey Steacy, fired back on Facebook.

"I respectfully disagree with your opinion that the 'cockpit' (we now call it the flight deck as no cocks are required) is no place for a lady," she wrote.

WestJet was quick to condemn the passenger's remarks and later created a video showcasing women in various roles of the aviation world. Steacy herself even makes a cameo.

"I've been a pilot for 17 years," she says in the video. "We need women in aviation and I hope you'll come join us. It's a great place to land."

WestJet spokesperson Robert Palmer said the video aims to turn the discussion away from the sexist note to "something more positive."

To see the video for yourself, visit metronews.ca. JEREMY NOLAIS/METRO

The site of the fatal avalanche at Lake Agnes is shown in this illustrated photo. Blue indicates the path of the avalanche, red where the group was buried.
COURTESY AARON BEARDMORE/PARKS CANADA

Avalanche near Lake Louise kills 2

'Horrific event'. Parks Canada safety specialist recounts helping man carry his deceased girlfriend to helicopter

ROBSON FLETCHER
robson.fletcher@metronews.ca

Two people were killed Saturday while snowshoeing in a group of five near the popular Lake Agnes Tea House above Lake Louise, according to Parks Canada.

The man who died was a 42-year-old Calgary resident and the woman who died was a 31-year-old Edmonton resident, according to Lake Louise RCMP.

All five in the group were buried to some extent by a size-two avalanche while forging a trail on the south side of Lake Agnes at about 3 p.m., said Parks Canada visitor safety specialist Lisa Paulson, who assisted in the rescue and recovery effort.

Two people who were only partially buried managed to call 911 and dig out a third person who was shallowly buried, Paulson added.

Despite not carrying avalanche beacons or probes, the trio then managed to locate the 31-year-old Edmonton resident around 3:45 p.m., but she was unconscious and not breathing.

Rescuers arrived by helicopter at 3:50 p.m. and, due to the high risk of another avalanche, urged the group to get on the aircraft.

"Two came with us, and the third remained because it was his girlfriend that he was trying to dig out and he was unwilling to leave," Paulson said.

He managed to dig her out and get her to the helicopter with Paulson's assistance, but she was later pronounced dead.

Officials later returned to recover the deceased man, after conducting avalanche control.

Safety

- Avalanche conditions were rated as high in the area the group was travelling, and the avalanche terrain is considered complex.
- Parks Canada recommends backcountry users check daily avalanche bulletins at avalanche.ca before attempting an excursion.
- Officials also recommend carrying avalanche equipment — a probe, beacon, and shovel – and knowing how to use it.

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Splitting up kids, delaying school on the table for 'losing' families

'Ridiculousness.' Education space has fallen behind city growth

JEREMY NOLAIS
jeremy.nolais@metronews.ca

Dozens of families in Calgary's school-squeezed west end are being forced to consider everything from moving to the inner city to splitting up their kids or even delaying kindergarten altogether, after learning last week they were on the losing end of a lottery.

West Springs School is only able to enrol 100 new kindergarteners for the 2014-15 year and Carrie Fanai's youngest son, four-year-old Emmitt, had his name drawn 130th during the school's first enrolment lottery.

Older siblings Carson and Damon already attend the school, but the Calgary Board of Education amended its entrance policies last year to no longer give top priority at community schools to younger siblings.

At the time, the CBE said it wasn't aware of any siblings being split up as a result of the change, but conceded it was a potential reality going forward. Fanai said she's now aware of at least two other families in the community that find themselves in the identical predicament after results of the West Springs lottery were made public Thursday.

"We are in a crisis … how can they go and develop these neighbourhoods and then not put the infrastructure in?" Fanai said. "We've lived in our house in West Springs for 10 and a half years. They keep calling it a new community … it just gets to the point of ridiculousness."

Emmitt is now designated to attend Rosscarrock School, seven kilometres southeast of his older brothers' facility. Fanai expects there will be various logistical challenges — differing start times, commute lengths and so on — and said she struggles to find enough time to volunteer at one school, let alone two.

She's far from alone. Melanie Shandruk's son's prospects are better in the No. 14 spot on West Springs' wait list, but even then the school principal offered little assurance he would be able to stick close to home come September.

Carrie and Nick Fanai are seen with their younger kids out front of Calgary's crammed West Springs School. While older kids Damon and Carson already attend the school, youngest son Emmitt, seen in Carrie's arms, was denied entrance in a lottery, the results of which were made public last week. RILEY HILL/FOR METRO

The Shandruks live just a five-minute walk from West Springs. Now, they're mulling packing up and moving closer to Calgary's core, where schools are less full or skipping kindergarten altogether in hopes of enrolling in Grade 1 at West Springs next year.

"It's heartbreaking," she said of the situation. "I was really emotional when we got the letter from the school. We really put value on being able to go to a neighbourhood school and that's why we bought where we are … it's really hard for me to understand."

In detail

CBE's three-tier lottery process:

- **Priority 1.** Students who live in a school's designated walk zone and have siblings already enrolled there.
- **Priority 2.** Students who live in the school's walk zone but have no siblings enrolled there as well students outside the walk zone with a student enrolled. (Both the Fanai and Shandrunk families find themselves in this category)
- **Priority 3.** All other students outside the walk zone but still in a school's designated community.

The CBE has said families facing a potential split of their children across multiple schools will have the option of also moving older kids already enrolled in the community facility.

'Juliano didn't deserve this': Friend of stabbing victim

Juliano Vieira FACEBOOK

Before his buddy was stabbed to death, Gary Sarkar felt the bad vibes emanating from a group of party crashers.

Sarkar was one of roughly 30 high school students invited to a Braeside house party, although he says "50 or 60" more showed up anyway.

He was particularly unnerved with one bunch — either senior students or recent graduates — that arrived before "stuff started going very wrong" at about 11 p.m.

"They weren't in place at the party," Sarkar recalled Saturday. "They just stood around and they were just watching everyone.

"They wanted to see something happen."

With that in mind, the Henry Wise Wood student and some friends left for another party.

Half an hour later, Sarkar says he was flooded by text messages and social media posts saying his friend, Juliano Vieira, was killed.

He described the victim as a genuine, fun-loving guy who occasionally misspoke but was a great person at heart. Still visibly shaken back near blood-soaked streets at the crime scene, Sarkar called for answers.

"I want whoever did this to be found out," he said. "Juliano didn't deserve this."

Calgary police have not formally identified Vieira, but confirmed two victims were in their "mid-to-late teens." One person was found dead at the scene and a second was taken to Foothills Hospital.

Late Sunday, police announced charges against Ronald Smith, 18, who faces one charge of second-degree murder and one charge of attempted murder.

A 19-year-old man was also arrested Sunday and police anticipate further charges against him in relation to the incident. BRYAN WEISMILLER/METRO

Looking for answers

Mourners took to social media on Saturday to pass along condolences to the family of the Lord Beaverbrook student.

- Police urge anyone with information to call them at 403-266-1234 or Crime Stoppers anonymously at 1-800-222-8477.

Falconridge

Teen hospitalized after staggering into gas station, stabbed

A teenager was rushed to hospital Sunday morning after he stumbled into a northeast gas station, bloody and desperate for help, say Calgary police.

At approximately 3:20 a.m., the 17-year-old wandered into a Falconridge Petro-Canada station with stab wounds to his leg and chest, police said.

EMS rushed him to Foothills Hospital, where he was listed in serious but stable condition on Sunday.

Police had no immediate suspects in the case.
RILEY HILL/FOR METRO

Sawed-off shotgun

Two arrested after shooting in Dover

Police arrested two men Sunday after a sawed-off shotgun was fired behind a southeast home.

A Dover resident called police Sunday morning to report his back door had been shot in a drive-by shooting. A loud argument reportedly preceded the shooting.

Two men were later arrested close to site of the gun blast.

Levi Mitchell, 21, and Levin Hill, 20, were arrested on several firearms-related charges.

The Calgary Police Service's gang unit is investigating. No one was injured.
RILEY HILL/FOR METRO

Black Audi sought

Pedestrian seriously injured in hit-and-run

A man is in hospital in stable condition after he was hit by a black Audi that fled the scene after the collision, according to Calgary police.

Officers responded to the 300 block of 10 Street NW around 11:30 p.m. Saturday after receiving a report of a pedestrian found injured on the road.

Duty Insp. Jay Judin said the man was taken to hospital with life-threatening injuries but his condition appeared to stabilize.

Police are looking for a four-door black Audi in connection to the collision.
RILEY HILL/FOR METRO

Referendum defeat sees Mac Hall reno plans reined in

U of C. Students didn't want to pay the extra $35 per semester

RILEY HILL
calgary@metronews.ca

University of Calgary Students' Union President Raphael Jacob is seen in MacEwan Hall last year. Plans to redevelop much of the space are being scaled back after a referendum defeat on a student redevelopment fee. METRO FILE

In light of a definitive referendum defeat, the University of Calgary Students' Union has scaled back plans for a major redevelopment of MacEwan Hall.

U of C undergrads were being asked to pay an extra $35 a semester to fund a major re-development of the student-run building, but a ballot on the matter last week saw 61 per cent (7,339 students) vote against the measure.

Because students didn't throw their support behind the project, student president Raphael Jacob emailed undergrads explaining that the original $155-million construction plans will be ratcheted back.

"The SU listens to students, so that means that no large scale redevelopment of Mac Hall will occur in the foreseeable future," reads Jacob's email.

The SU and university administrators began planning the re-development in 2010. The SU surveyed students in 2012 to see what kind of changes they wanted to see. They also asked if they'd help foot the bill. Of the 6,350 students surveyed, most said they would be willing to help pay for the redevelopment. Reached Sunday, Jacob said he thinks students actually having to put their money on the table might have made them think twice.

"It's certainly easier to say you'll pay the fee. It's different when it comes down to making the decision," Jacob said.

Ala'a Hamdan voted in favour of the redevelopment fee. She said additional funds would help create some much-needed space for students.

"If, say, Muslim students needed more space for a prayer room, or clubs had more space suitable for them, a large redevelopment could really help," Hamdan said.

Requests for comment from U of C administrative communications staff were not returned Sunday.

Suspects fled. Dozens affected by random pepper-spray attack at Chinese restaurant

About 50 people at a Chinese restaurant in southeast Calgary were affected by pepper spray after a group of men walked in and started randomly spraying guests, according to police.

The bizarre incident happened around 8 p.m. Saturday, Const. Laura Bailly said, when five to eight men entered New Dynasty Restaurant and sprayed a manager who approached them near the buffet.

The men then turned their canisters on restaurant guests.

"It appears to be random, based on the investigation at this time," Bailly said.

EMS arrived on scene and treated about 50 people, she added. Beyond the pain of the spray, there were no serious injuries.

Most of the restaurant patrons were already outside when EMS arrived, said spokesman Adam Loria. Though many coughed and covered their mouths, most avoided getting hit by the spray.

The worst injuries were suffered by a man in his late 20s, Loria added.

"He was the only one with significant exposure," he said. "He refused to go to hospital, so he was treated on scene."

The suspects fled after the attack and no one has been arrested. RILEY HILL/FOR METRO

New Dynasty Restaurant in south east Calgary RILEY HILL/FOR METRO

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Ottawa couple suing feds for $6.5 million worth of weed

Medical marijuana. With prices expected to skyrocket under new rules, a man and his wife want government to cover them for 40-year supply of pot

TREVOR GREENWAY
Metro in Ottawa

An Ottawa couple who uses medical marijuana are suing the federal government for a combined $6.5 million — a projected figure of what it will cost them to stay medicated for the next 40 years when Health Canada changes rules to its medical marijuana access regulations.

Russell Barth consumes about 16 grams of pot every day to manage pain related to his fibromyalgia symptoms, as well as post-traumatic stress. Barth and his wife, Christine Lowe, who suffers from epilepsy, say they have a designated grower, an arrangement that allows them to stay medicated for far less than it will cost them under the new rules.

While he did not disclose how much he spends a year, he said a friend of his grew a year's worth of marijuana in a single summer at a cost of $500.

When Health Canada changes come into effect at the end of the month, Barth and his wife won't be able to afford the up to $15 a gram they will be forced to pay from commercial growers. The changes will also force Barth to destroy all the pot he already has — about 78 plants and 3.5 kilograms of dried marijuana that he says is worth more than $130,000.

His statement of claim gives the Crown three options: Remove cannabis from the Controlled Drugs and Substance Act (CDSA) for everybody, grant him and his wife an exemption from the CDSA or pay them the money so they can afford to medicate themselves in the future. Ideally, Barth wants marijuana to be legal for everyone. He sees a market of cheap or free pot under those circumstances.

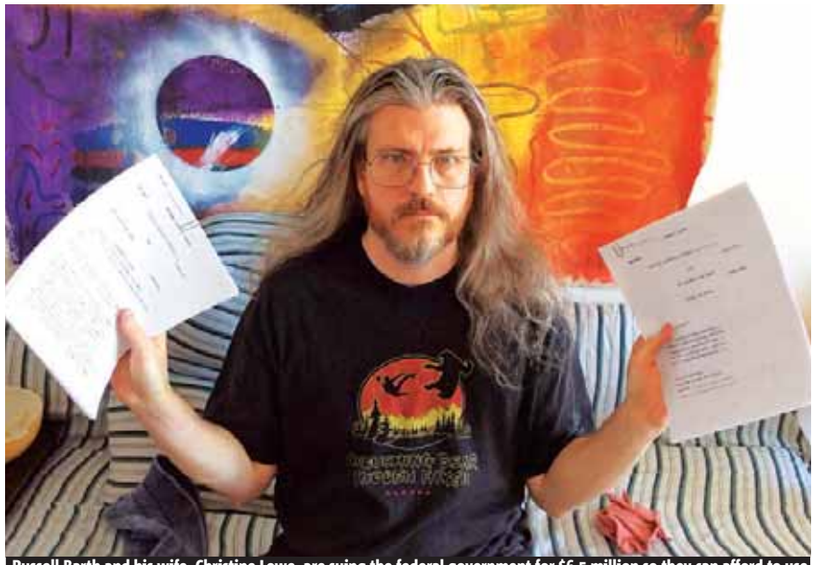
"Pot should be sold in supermarkets," he said. "Pot should be as legal as coffee and chocolate, not tobacco and alcohol."

The new rules, which come into effect March 31, will no longer allow medical marijuana patients to grow their own pot or use designated growers.

Instead, patients will have to buy from licensed large-scale producers at a much higher cost, and that doesn't sit well with Barth.

"It's absolutely terrifying," he told Metro Sunday.

"Every day I feel like I am wrestling with a robot."



Russell Barth and his wife, Christine Lowe, are suing the federal government for $6.5 million so they can afford to use pot as medicine when Health Canada changes rules to its medical marijuana access regulations. CONTRIBUTED

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Separatist dreams. Former head of Quebecor to run for PQ in provincial election

Media baron Pierre Karl Peladeau shook up the Quebec election campaign on Sunday, announcing he's decided to run for the Parti Quebecois.

Flanked by PQ Leader Pauline Marois, Peladeau told a news conference he's worked to build up media giant Quebecor over the past 25 years and now wants to devote himself to public service.

He said his dream is to help Quebec become a country.

"Quebec has all the means to succeed. We have financial resources, we have human resources, we have natural resources," Peladeau said in Saint-Jérôme, north of Montreal, where he will run for a seat in the April 7 election.

"We've got everything (we need) for a country to be alive and kicking."

Peladeau rejected suggestions his entry into politics could represent a conflict of interest, given his powerful presence in the province's media landscape.

THE CANADIAN PRESS

Pierre Karl Peladeau at a press conference in Saint-Jérôme, Que., on Sunday.
GRAHAM HUGHES/THE CANADIAN PRESS

Lev Tahor

Nine members of Jewish sect have returned to Canada: Police

Police say nine members of a fringe Jewish sect who left the country amid child custody proceedings only to be stopped in Trinidad and Tobago have now been returned to Canada.

Peel police Sgt. Dave Housdon says the Lev Tahor members landed at Toronto's Pearson International Airport Saturday night, and the six children were placed in the care of the Children's Aid Society.

The three adults were being processed by the Canada Border Services Agency, he added.

A spokeswoman for the agency said CBSA "continues to work closely with local law enforcement agencies on this case," but wouldn't say whether the three had been released.

About 200 members of the sect — 114 of them children — settled in Chatham, Ont., last year after uprooting from Ste-Agathe-des-Monts, Que.

THE CANADIAN PRESS

Robin Cyr visits with her newborn baby girl in the neonatal ICU at the IWK Health Centre in Halifax. JEFF HARPER/METRO

You could call her a 'miracle'

Halifax. Newborn starts breathing again after being declared legally dead

RUTH DAVENPORT
Metro in Halifax

Robin Cyr's fourth child already packed a lifetime's worth of emotional turmoil into her first 28 minutes in the world.

Cyr, 34, was told her baby girl died just after being born in the IWK Health Centre in Halifax around 3 a.m. Saturday.

But shortly after getting the devastating news, a stuttering, breathless nurse rushed back into the room to say the baby had started breathing again.

The big baby girl, who weighed nine pounds 14 ounces, got wedged in the birth canal during the delivery. Once she was born, Cyr lay on the bed waiting for 25 minutes for any signs of life.

"My aunt looked at me and said, 'Your baby girl's gone,'" she said, adding the baby's body was taken out of the room after being declared dead. "Another nurse came over, two minutes later ... she couldn't talk. She was speechless, and another nurse came over and said, 'Your baby's breathing.'"

A flummoxed surgeon told Cyr's family that he had no explanation for the seemingly impossible recovery. The baby is now breathing on her own in the neonatal ICU.

Cyr had a name picked out for the baby, but said that will likely have to change.

"Everybody just keeps saying 'miracle, miracle,'" she said.

A review is underway to determine what, if any, explanation there may be for the baby's apparent resurrection.

New York City

Protest against proposed draft

Thousands of ultra-Orthodox Jews filled the streets in lower Manhattan on Sunday to protest Israel's proposal to draft strictly religious citizens into its army.

The gathering took up a stretch of 10 blocks, with dark-clothed demonstrators standing behind police barricades amid tight security.

A week ago, hundreds of thousands of ultra-Orthodox Jews rallied in the streets of Jerusalem in a massive show of force against plans to require them to serve in the Israeli military. THE ASSOCIATED PRESS

Interception. Israel says ship had 40 rockets, blames Iran for plot

Israel's military said Sunday that a cargo ship it intercepted in the Red Sea last week carried 40 rockets with a range of up to 160 kilometres.

Israel has alleged the shipment was orchestrated by Iran and was intended for Islamic militants in Gaza, a claim denied by Iran and the rockets' purported recipients.

An Egyptian security official said Sunday the rockets also might have been intended for militants in Egypt's Sinai Peninsula, which borders Gaza. The official spoke on condition of anonymity because he was not allowed to brief reporters.

An Israeli soldier covers boxes from a shipment that the military intercepted last week. ARIEL SCHALIT/THE ASSOCIATED PRESS

Neither Israel nor Egypt provided evidence for their claims. THE ASSOCIATED PRESS

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Better security urged: Interpol

Malaysia Airlines. Agency asks why wait for tragedy? Few countries use their database listing stolen travel documents

Interpol knew about stolen passports that two passengers used to board an ill-fated Malaysia Airlines flight bound for China, but no country checked the police agency's vast database on stolen documents beforehand, it said Sunday. Interpol said it hopes authorities will "learn from the tragedy."

It's not known whether stolen passports had anything to do with Saturday's disappearance of the Boeing 777 bound from Kuala Lumpur, Malaysia, to Beijing with 239 people on board. But such oversights aren't new. Last year, passengers boarded planes more than a billion times without their passports being checked against Interpol's database of 40 million stolen or lost travel documents, said the international organization based in Lyon, France.

Interpol has sounded the alarm on the issue for years, and just last month it bemoaned that "only a handful of countries" regularly use its stolen or lost travel documents database of records from 167 countries.

For example, the database was searched more than 800 million times last year — but one in eight searches was conducted by United Arab Emirates alone.

On Sunday, Interpol Secretary General Ronald Noble said that his organization has long asked why countries would "wait for a tragedy to put prudent security measures in place at borders and boarding gates."

The thefts of the two passports used had been entered into Interpol's database which produced 60,000 hits in 2012. THE ASSOCIATED PRESS

Relatives of passengers on the missing Malaysia Airlines jet with 239 people on board. ANDY WONG/THE ASSOCIATED PRESS

Mystery of flight MH370

Jet door may have been located

Vietnamese authorities searching waters for the missing Boeing 777 jetliner spotted an object Sunday that they suspected was one of the plane's doors, as international intelligence agencies joined the investigation into two passengers who boarded the aircraft with stolen passports.

More than a day after the Malaysia Airlines flight went missing, no debris had been found, and the final minutes before it disappeared were a mystery. The jetliner lost contact between Malaysia and Vietnam. THE ASSOCIATED PRESS

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Syria. Canadian photojournalist killed by gov't bomb in Aleppo

A Canadian freelance photographer was killed in the northern Syrian city of Aleppo on Sunday, his sister and activists said, the latest journalist to be killed covering a brutal war that in the deadliest place in the world for them to operate.

Ali Mustafa died along with seven others when government aircraft dropped crude bombs and one exploded where he was standing with firefighters in the rebel-held Hadariyeh area of Aleppo city, said an activist who identifies himself as Abu al-Hassan Marea.

No danger pay

"He just wanted the world to know about human rights and all the horrible things going on down there."

Justina Rosa Botelho, Ali Mustafa's sister

Mustafa's sister, Justina Rosa Botelho, confirmed her 29-year-old brother's death. Mustafa was born in Toronto, the son of Pakistani and Portuguese immigrant parents. THE ASSOCIATED PRESS

Ali Mustafa fans out masks to filter pollution/tear gas. TWITTER: @ZACK_HELWA

Reunification vote

Separatist vote in Crimea set for March 16

Russian President Vladimir Putin on Sunday defended the separatist drive in the disputed Crimean Peninsula as keeping with international law, but Ukraine's prime minister vowed not to relinquish "a single centimetre." The Kremlin has beefed up its military presence in Crimea; pro-Russia forces keep pressed for a vote in favour of reunification with Moscow. It has been scheduled. THE ASSOCIATED PRESS

Iceland's PM:

Ukraine issue bad for Arctic, too

Russia's actions in Ukraine could cause problems for international co-operation in the Arctic, says Iceland's prime minister. Sigmundur Gunnlaugsson said Russia's tactics could make it harder for the nations on the Arctic Council to reach agreements when they face critical issues. THE ASSOCIATED PRESS

West is best. Alberta lassoes 18,800 jobs as numbers fall in the rest of the country

When it comes to job creation in Canada, there's Alberta and then there's everybody else.

The latest employment data for February showed that the oil-rich western province created an impressive 18,800 jobs, largely in construction, mining and oil and gas, while in the rest of the country overall employment fell.

Economists warn against staking too much on any one-month data point, but the February result is no outlier.

As the Statistics Canada report issued Friday showed, Alberta is responsible for almost all the new net jobs generated in the past year — 82,300 of the 94,700 country-wide, or 87 per cent — as the province saw employment rise an impressive 3.8 per cent.

By comparison, provinces not called Alberta only gained about 12,000 which, for the purposes of the agency's survey, constitutes a rounding error.

"I know this is not a new story but it's becoming extreme," said Doug Porter, the Bank of Montreal's chief economist. "In the last 12 months, Alberta is the only province that's seen meaningful growth. They've had job gains of nearly four per cent and meanwhile six provinces have seen declines and one's been flat."

The other provinces in the positive territory, although far below Alberta's bounty, are Ontario with an overall pickup of 28,700, which given the large population base is only an increase of 0.4 per cent, and Saskatchewan, where employment rose a healthier 0.9 per cent by adding 5,200 net new jobs.

THE CANADIAN PRESS

Go West, young man

87%

Statistics Canada showed Alberta is responsible for an impressive 87 per cent of the new net jobs generated in the past year.

Bank of Mom and Dad must bone up on RESPs

Sending your kid to lectures like this isn't cheap. THE ASSOCIATED PRESS FILE

HOW TO ROLL
Alison Griffiths
metronews.ca

Rachel Canning, an 18-year-old from New Jersey, has just lost the first round in a lawsuit against her parents over financial and educational support after they booted her from the family home, citing her bad behaviour.

But imagine if the disgruntled teen had sued them because poor investing decisions robbed her of the opportunity to attend university.

It seems ridiculous. On the other hand ...

An RESP (registered education savings plan) isn't a child's right. But once parents start one it behooves them to pay attention. Many kids contribute to their own RESPs with summer or part-time earnings, giving them an even bigger stake in the outcome.

An annual deposit of $2,500 will attract the maximum Canada Education Savings Grant of $500 yearly. Even if the money earns no interest, it will amount to $57,000 after 18 years.

A modest, annually compounded return of three per cent would boost the bottom line to over $76,000. That's a nice chunk of change.

Now suppose parents buy some really stinky investments and the education fund is eviscerated. Should they be held responsible?

Or what if parents put all the money into the stock market without the safety of cash or bonds? If it's early 2008, their offspring stand to lose 40 to 50 per cent of their education money in the September crash.

It would be interesting to see what a court would say if a child were to sue parents for financial neglect in either situation.

It might never happen, but the point is, you can't just contribute to an RESP and ignore it.

Bull market turns five

Stock markets will be looking to build on the strong gains racked up so far this year amid little in the way of economic data coming out during the week and a notable anniversary for indexes.

The bull market is now entering its sixth year, Sunday being the fifth anniversary of when the equity markets finally hit bottom after the 2008 financial crisis sent stock prices crashing and sparked a recession.

The TSX has surged 89 per cent since March 9, 2009, while the Dow industrials have powered ahead 150 per cent. The New York blue chip index racked up a 27 per cent advance in 2013 alone, thanks in large part to massive amounts of stimulus from the U.S. Federal Reserve.

Many analysts say they just don't see anything that could derail the rally just yet.

THE CANADIAN PRESS

Harper heads to S. Korea

Prime Minister Stephen Harper departed Sunday for South Korea, where he is widely expected to complete another long round of free-trade negotiations that his critics were denouncing as secretive and potentially bad for Canadian workers.

It wasn't known whether Harper planned to sign the final text of a free-trade deal with South Korea — a laborious, decade-long, on-again, off-again process — or was simply going to announce an agreement-in-principle in a staged photo-op.

The deal would mark progress toward expanding trade with Asia, a major economic priority of the Harper government. The pact would allow Harper to trumpet his first significant free-trade deal in Asia, and give impetus to other negotiations, particularly with Japan.

THE CANADIAN PRESS

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TIMES CHANGE, SO DO NAMES

High Plains Drifter

James Callsen
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I'm a pretty massive sports fan. Whether it's hockey, football, baseball, the Olympics — heck, even soccer (only when I'm really bored) — I'm interested. I love the cultural aspect of sports and the effect they have on our collective consciousness. Like how our city banded together in the glorious '04 Cup run, or the feeling of a gigantic family that one has as a Roughriders fan, or the instant common bond that happens when I find out someone cheers for the Green Bay Packers or Celtic FC.

When we cheer for a team, we invest in all of it. We take on the name, the players, their colours and their history. And while we may not think that a name really means anything to a sports fan, it's part and parcel of why we choose to support a team and cheer for them and as a player, your team is more than just a name, but it also starts there. It's the brand you represent and it's the nation you fight for.

Which is why the move by the Calgary Board of Education to change the name of Western Canada High School's Redmen isn't a bad one.

I'll be the first person to applaud the preservation of history and tradition, but there are also times when things change and it's time to move on.

The as-yet-to-be-named team isn't erasing the past of Western Canada High, it's reflecting a change in attitudes and shows our young people that while protecting our history is important, it's also important to reflect our values of tolerance and dignity.

Sports teams change their names all the time. If we desperately clung to tradition, the New York Yankees would be known as the Highlanders, the Chicago Cubs would still be going as the Chicago White Stockings and the Calgary Stampeders would still be taking to McMahon stadium turf as the Calgary Bronks.

Redmen renaming

If we desperately clung to tradition, the New York Yankees would be known as the Highlanders, the Chicago Cubs would still be going as the Chicago White Stockings and the Calgary Stampeders would still be taking to McMahon stadium turf as the Calgary Bronks.

Times change, so do traditions, names and concepts.

Do sports fans get upset when teams change their name for stylistic reasons? Why is there only uproar when the concept of changing a name due to outdated values?

Let me make it very clear that I am not calling opponents to the name change bigots, but let's ask ourselves, is the CBE decision really that big of a deal? It might only be a name, but it can stand for so much more, Redmen or otherwise.

ZOOM

Injured in Afghanistan, scoring in Russia

JUSTIN SETTERFIELD/GETTY IMAGES

Canadian Forces veteran scores

Canada's Dominic Larocque celebrates scoring during an ice sledge hockey game between Canada and Norway on Sunday at the Paralympic Games in Sochi, Russia. Larocque was an accomplished athlete growing up — even playing junior-A hockey for a time — before joining the Canadian military's famed Van Doo regiment in 2005. THE CANADIAN PRESS

Reminded of fateful day every morning

Larocque has no memory of the moment that changed his life forever.

While serving with the Canadian Forces in Afghanistan, an armoured vehicle carrying the young corporal drove over an improvised explosive device. The devastating blast on Nov. 27, 2007, shattered Larocque's left leg and required an amputation above the knee.

Although he has no recollection of that fateful day, he's still reminded of it each morning.

"Every time when I wake up I think about that," said Larocque, now 26. "I have no choice." His main focus upon returning from Afghanistan was getting back in shape, but he saw an even brighter future after watching Canada's sledge hockey team in action.

THE CANADIAN PRESS

Sledge hockey

4-0

A big body that likes to do the dirty work, Larocque has already shown some scoring touch at these Games, recording two goals in Canada's 10-1 victory over Sweden in Saturday's opener.

Larocque was at it again on Sunday, scoring the game's first goal in Canada's 4-0 victory over Norway.

Canada has an off-day on Monday before taking on the Czech Republic on Tuesday.

WE ACT:
CANADA DOES GOOD

Poetry behind bars

CONTRIBUTED

Canadians across the nation are up to a whole lot of good. Here's one we'd like you to meet.

Who: Nancy Van Styvendale, community-builder and educator

What: Inspired Minds, an all-nations creative writing program at the Saskatoon Correctional Centre

Why: "To build bridges and connect people across differences."

Poetry can't break bars, but Dr. Nancy Van Styvendale, an assistant professor at the University of Saskatchewan, argues that it does break down barriers. In 2011, with the support of Diann Block, the First Nations and Métis co-ordinator at the Saskatoon Correctional Centre, Van Styvendale volunteered to co-ordinate and teach creative writing and literature classes to small groups of inmates. These eight-week, volunteer-driven courses provide participants with a certificate of completion from the University of Saskatchewan.

What has been the most rewarding part of your involvement?

Within the larger context of the jail, there's the need to protect yourself and not let people in. What I love about the program is that it creates a safe space where the men feel relatively confident sharing very personal things about their lives and struggles. And the other members of the class respect that and encourage their fellow classmates.

How has the program affected the participants personally? Some of the men have experienced racism and were disenfranchised at school. So to provide an educational space that is positive, that makes people feel good about learning is super important. A lot of the men are interested in the certificate of completion, because they can use it when they are going on a job interview. It's a big deal for someone who doesn't have educational credentials.

CRAIG AND MARC KIELBURGER

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Canadian Screen Awards

Orphan Black and Call Me Fitz multi-award winners

The Nova Scotia-shot comedy series Call Me Fitz, about a morally bankrupt used-car salesman, was among the big winners at Sunday night's Canadian Screen Awards, taking home three awards during the TV broadcast.

Show star Jason Priestley won for best actor in a comedy series, while co-star Tracy Dawson won for best actress. The series also took home honours for best comedy series.

Space's sci-fi series Orphan Black received two wins, with show star Tatiana Maslany winning best actress in a dramatic role. Last year Maslany, a Regina native, was also nominated for a Golden Globe for her work on the series. Orphan Black also won for best dramatic series.

Among other TV winners were Hugh Dillon for best dramatic actor in Flashpoint, and Rick Roberts and Sook-Yin Lee for their performances as Jack Layton and Olivia Chow in the miniseries Jack.

Awards were also handed out for films, with Denis Villeneuve's Enemy wining five honours. Villeneuve was awarded best director, while Sarah Gadon won a supporting actress honour for her role. Best motion picture went to the French-language film Gabrielle with star Gabrielle Marion-Rivard winning the best actress award.

METRO, WITH FILES FROM THE CANADIAN PRESS

For a full list of Canadian Screen Award winners, visit metronews.ca.

Juicy J's hustle continues

Never Sober. Busy rapper kicking it on tour, working on next album as collaborations climb Billboard chart

EMILY LAURENCE
Metro World News

Juicy J: "I hustled all the way to the top and I'm partying my ass off right now. But I work hard too." MUSASHI ONO

If there's anyone who deserves to do a little partying, it's Juicy J. His collaboration with Katy Perry, Dark Horse, is everywhere, including the top of the Billboard Hot 100 chart, and his new single, Talkin' Bout, with Chris Brown and Wiz Khalifa, is quickly creeping up too. We talk with the rapper about getting tipsy (count the number of times he says Ciroc) on his Never Sober tour.

Right now, you're in the studio working on your next album, The Hustle Continues. What can people expect?
It's about going from the 'hood to where I am now. I've been in the music game for over 20 years and won an Academy Award (in 2006 for It's Hard Out Here for a Pimp from Hustle & Flow). I still live a party and kicking-it life. I'm having a lot of fun right now, but I'm still working too.

Dark Horse is obviously killing it right now. What was it like working with Katy Perry?
Katy Perry is a genius. She works hard just like me. Katy is in the studio every day and working with her was great. There were no problems at all.

How did that collaboration compare with working with Miley Cyrus on 23?
Both of them work really hard. Miley's a genius too. She has a great voice. They're both very professional women.

After 23 came out, there were all these rumours that Miley was pregnant with your baby.
That was just funny. People are always going to spread rumours online that aren't true. Miley's like my little sister, man!

This is the Never Sober tour. What's your signature drink?
Right now, we have lots of Ciroc Vodka on the bus and some Hennessy and a couple bottles of champagne. If someone's coming to a Juicy J show, they would definitely drink some Ciroc. But don't drive. Let somebody drop you off or catch a limousine or something. You can drink some Ciroc or down some gin and then have somebody drop you off. Or you can take Uber. I tried it and it's great.

If your life was a video game, what would it be like?
It would definitely be a hustle. You'd have to hustle your way to the top and then you party your ass off. That's what I did. I hustled all the way to the top and I'm partying my ass off right now. But I work hard too. We might be drinking some Ciroc on the tour bus, but I have a studio set up in there. I'm actually about to go make some beats right now.

You collaborated with Chris Brown and Wiz Khalifa for your new single, Talkin' Bout. What are they like to hang out with?
We're super cool. They're great guys. When we hang out, we just like kicking it, popping bottles and enjoying life.

What would people be surprised to learn about you?
I manage myself. I'm very hands-on and am in all the meetings, on all the emails and do my own taxes. I have people who work for me, but I'm the head guy in charge and I run the show. I've been doing it my whole life.

When I was 13 years old, my mama was a librarian and I told her to check me out all the music books. I read 10 or 15 books because I wanted to know everything about the music business. A lot of artists just want to make music, get groupies and spend all the money, but that isn't what you're supposed to do. It's called the music business and it's a business at the end of the day.

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Zebras don't throw their friends under a bus, they throw them under a lion. Daily Planet's Dan Risken tears apart misconceptions about how benevolent and harmonious a natural lifestyle can be with this fascinating tour of animal politics, sexual savagery and brutal betrayal. Keeping things light, he uses the e-book's interactive footnotes to link in cool facts as witty asides.

Prepare to explore Wild Canada

The Nature of Things. New doc series went to great lengths to capture the country at its most beautiful

The Wild Canada series used a 10,000-frames-per-second camera to get close-ups such as this one of a grizzly bear. WILD CANADA

Two Vancouver filmmakers behind BBC's Planet Earth have brought their focus home for Wild Canada, an upcoming documentary series that captures the rugged beauty of the country. Humpback whales, ice-capped mountainscapes and British Columbia's white-cloaked spirit bears will all appear in the series, set to premiere on CBC's The Nature of Things on March 13.

More than 500 hours of footage from Newfoundland to the Arctic Circle were distilled into four episodes of sweeping panoramas and close-ups. In one scene, a grizzly bear shakes off silvery droplets of snow, all of which can be seen in extreme detail thanks to the 10,000-frames-per-second camera used.

"I think we are really going to fill Canadians with wonderment at the beauty, diversity and majesty that the Canadian landscape has to offer," said Mark Starowicz, CBC's executive director of documentary programming.

Wild Canada is the handiwork of adventure filmmakers Jeff and Sue Turner, who produced and directed the film. The couple is renowned for nature documentaries, having shot film for BBC's Planet Earth and Frozen Planet series. "The scope of the project was the biggest thing we have ever done," said Jeff Turner.

RED Epic cameras — the same equipment used to film The Hobbit — allowed the crew to shoot the series in extremely high definition. For remote locations, drone helicopters equipped with tiny cameras were manoeuvred from the sky. "Those cameras are all about capturing nature at its most beautiful, like it actually is. We were able to show it in a more realistic way," Turner said. The crew of about 20 traversed Canada during the two-year filming period. Turner said that one of the highlights was shooting the never-before-filmed landscape of northeastern Ellesmere Island. To get there, they piggybacked on a vessel with government scientists.

"We wanted to try to show the remote Canadian Arctic as it might have existed thousands of years ago. That's one corner of the world where you can still see that," he said.

The imagery will be split into four episodes, each zeroing in on one region: the East and West Coasts, the Prairies and the North. David Suzuki narrates the story, which explores how humankind has changed the face of Canada's landscape since the end of the ice age.

TORSTAR NEWS SERVICE

Raising a personal bar

"The scope of the project was the biggest thing we have ever done."

Jeff Turner, adventure filmmaker

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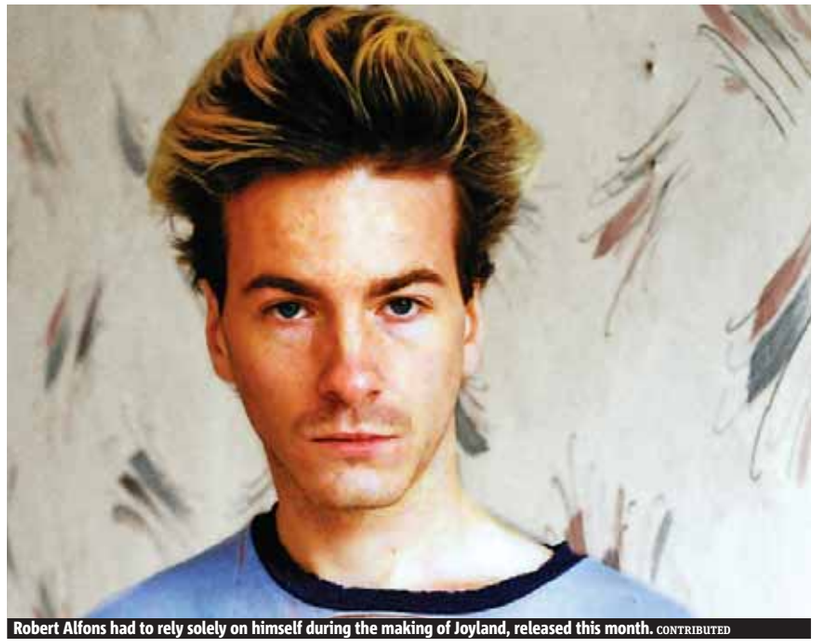
One isn't always the loneliest number

All by myself. No longer a duo, Trust's Robert Alfons breaks new musical ground on sophomore effort



Robert Alfons had to rely solely on himself during the making of Joyland, released this month. CONTRIBUTED

Two years ago, Trust's Robert Alfons both released the Toronto electro-goth duo's debut TRST and promptly became a solo act with the departure of founding member Maya Postepski.

Although he says now he wasn't surprised by Postepski leaving the band to focus on her role in Austra, the timing nonetheless seemed inopportune.

Trust had introduced itself to acclaim — including a Juno Award nomination and positive notices from Pitchfork, NME and the Guardian — and the task of crafting a worthy follow-up now fell to Alfons alone.

But Alfons insists the experience of making the just-released Joyland wasn't drastically different from making the first album.

"There's definitely an added spotlight of sorts," he acknowledged in a recent phone interview.

"The hardest part about not having a collaborator is you just have to edit your own work and you have to be really firm about what direction to go. I think that's the biggest change.

"(But) I always question myself. Constantly. It's good. It keeps me humble. It makes the work I end up doing more thought out and I'm not just throwing ideas out."

Even if the creative process was only a "little different" for Alfons, the resultant record switches things up by adding a more dramatic flair.

Mostly, Alfons has opened the blinds. Where TRST was resolutely gloomy — if filtered in stylish monochrome — Joyland finds Alfons brightening the room.

The neon synths of Geryon, the euphoric chorus of highlight track Capitol, or the galloping verses in Peer Pressure might have all sounded out of place on Trust's unwaveringly focused debut. In fact, some songs — like the sugary title track — were written before TRST even came out, but Alfons knew at the time that they wouldn't fit on the debut effort.

"This record is a lot more playful," he agreed. "I felt allowed to do those sort of things."

"There's certain ideas I didn't allow myself to discover on the first time, to indulge myself in," he added.

He felt similarly freer this time around to continue to push the already prodigious range of his unique voice, capable of segueing from the alien falsetto of the title track to the flinty monotone murmuring on Geryon.

"I think I tried new things. I think some of it sounds different. That's confusing for people. THE CANADIAN PRESS

Quoted

"This record is a lot more playful. I felt allowed to do those sort of things."

Robert Alfons, on choosing to experiment more on Trust's second record

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Gwyneth Paltrow ALL PHOTOS GETTY IMAGES

‘Princess’ Paltrow’s past comes back to haunt her

Poor Gwyneth Paltrow. As if it weren’t enough to have her opinions and actions as an adult criticized, now former middle school classmates are saying that she’s always been difficult. “Gwyneth always seemed like she thought she was better than the rest of us,” a former classmate tells Radar Online. “She was in a play where she had the princess role and she told another girl in school that ‘of course’ she was playing that role because she was a princess and the other girl was not and that’s why she didn’t get the role. No one was surprised. She was so smug, even back then.” And that old reputation is apparently still haunting her now that she and her family live in L.A. again: “A group of women that didn’t get along with Gwyneth back in the day want nothing to do with her now,” the source explains. “They still live in L.A. and have no interest in hanging out with her or being friends at all.”

Neeson’s Bond with late wife worth more than playing the man himself

Liam Neeson

Liam Neeson’s career could’ve gone very differently if it weren’t for late wife Natasha Richardson, the Taken star reveals. Neeson tells the Hull Daily Mail that he was offered the role of James Bond early in his career, but then-fiancée Richardson wasn’t having it. “I was heavily courted, let’s put it that way, and I’m sure some other actors were too,” Neeson says. “It was about 18 or 19 years ago and my wife-to-be said, ‘If you play James Bond we’re not getting married.’ And I had to take that on board, because I did want to marry her.” The 007 franchise went with Pierce Brosnan instead, and Neeson and Richardson tied the knot in 1994.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

Hats a lot of loot for Pharrell’s Grammy head gear

STARGAZING
Malene Arpe
scene@metronews.ca

Arby’s bought Pharrell’s Grammy hat in a charity auction for $44,100 US. Wendy’s is still trying to buy Julianne Moore’s hair.

Olympic ice dancing gold medal winners Meryl Davis and Charlie White will be competing on Dancing with the Stars. That’s really too bad for you, Canadian contestant Sean Avery.

This week in wooing: 1) Robin Thicke is waging a public campaign to win back wife Paula Patton by singing songs about her. 2) Justin Bieber is Instagramming pictures of ex Selena Gomez with the caption “most elegant princess in the world.” 3) John Travolta is still trying to get Adele Dazeem to call him.

A tattoo artist who visited Charlie Sheen’s hotel room over Christmas says that a Vicodin-popping Charlie punched a hole in the wall, signed his name under the hole and then took off his shorts and set them on fire before offering the visitor $10,000 US for a kiss. “See,” says Justin Bieber to his team, “we still have a really long way to go until we are where we want to be.”

Katie Holmes has closed her five-year-old fashion line. There was no reason for her to pretend she has to leave the house to make clothes now that she can come and go as she wants.

Bobby Brown says he didn’t know his daughter Bobbi Kristina got married. In his defence, he also doesn’t know where he lives, what his favourite food is or if he still has a prerogative.

Selena Gomez

Selena continues to Belieb Justin is the one for her

It looks like Selena Gomez can’t quite quit Justin Bieber no matter how much trouble he encounters. The former Disney star is fuelling speculation that she and Bieber are back together after being spotted by fans having breakfast together in McAllen, Texas, late Friday morning, according to Valley Central. Gomez was in the area for a performance the following night at BorderFest, and Bieber apparently flew in to join her after giving a deposition in Miami in a lawsuit brought against him by a photographer. For the record, Gomez ate chilaquiles while Bieber had huevos rancheros.

Twitter

@pattonoswalt
So, starting at 2am we set our calendars to Christmas except it’s “summertime Halloween” Christmas with still some snow?

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What’s the best beach in the Philippines?

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Austin is full of bats and cold rain so far

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Magic jars ease money jam

Control. Putting a lid on variable expenses is a simple yet effective way to manage money

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Money jars provide a clear view of how to live within your means. ISTOCK

One of the biggest surprises to come out of Til Debt Do Us Part was the number of people who put themselves on The Magic Jars as a way of managing their money. Determined to do something differently, they saw the jars as a way of taking control of their money. Some people, however, seem to have difficulty figuring out where the money for the jars comes from. It's as if they think this is extra money, not money they would have been spending all along.

The money that goes into the jars is the money that you would have been spending on things like gas, food, clothes, entertainment and medical costs — all your variable expenses. It's not extra money.

While the jars make the whole money management thing very concrete, the place to start changing your money management is not with the jars. It's with a balanced budget. You can't actually make the jars work for you if you don't start by making a budget that balances.

Head of over to my website at gailvazoxlade.com and find the Interactive Budget and the instructions, Gail's Guide to Building a Budget. Follow the instructions and make a budget that balances. You can't have a negative number at the bottom. The budget has to balance.

If you can't make it balance, either your expenses are too high or your income is too low. Start by cutting out everything that isn't essential to keeping body and soul together.

Cable, cell phone and telephone bills are one place to look. Turn down your thermostat and put on a sweater to save on heating costs. Get rid of a car you simply can't afford to keep. If that's not enough, then you're going to have to find a way to make more money.

OK, now we come to the jars. The Interactive Budget Worksheet will tell you how much should be going into each of the jars. This money is your variable spending. Assuming you've balanced your budget, you now know how much to pull from your bank account each week for the jars. If you're deeply in debt and must commit a significant portion of your income to debt repayment, some jars, like "clothing and gifts" may remain empty until you're back in the black.

All the rest of your money stays in your bank account to be used to pay your bills. Your mortgage or rent is a fixed expense. Ditto your car payment, insurance, childcare.

Two more things: First, if you can't figure out how much you should be putting toward debt repayment, use the Own Up to Your Debt Worksheet on the website as a quick way to determine how much should be going toward your debt repayment. If your hole is deep, you may have to allocate 30, 35 or 40 per cent of your income to debt repayment; whatever it takes to get you out of the red within three years or less. If it looks like it's going to take longer, or your debt repayments are throwing your budget off kilter, you only option will be to make more money.

Second, you can't sacrifice savings in the name of paying your debt off faster. Sorry, that's cheating. You have to set aside a little sumthin' sumthin' each month for emergency and retirement savings so that you're working with a balanced plan.

I know there are those who believe you should pay off all your debt before you start to save. I don't agree. If you don't start the habit of long-term savings today, you may not ever start. Ever heard of inertia? That's the thing that keeps a body that's at rest, at rest until something acts upon it. It also keeps a body in motion, in motion. If you aren't saving today, you're a body at rest.

Lots of people all over the world are using the jars. I'm really surprised that such a simple and really old idea has caught on in such a big way. Perhaps it's because the jars really work. I haven't given them to a single family that hasn't had money left in the jars at the end of my time with them, despite my having dramatically cut their budgets.

Determination is a big part of success. If you're at all wishy-washy about what it'll take to get you out of debt and live within your means, if you just can't work up the guts to do things differently, it won't be the jars that failed.

WANT TO BE SMARTER ABOUT YOUR MONEY? GO TO MYMONEYMYCHOICES.COM AND FOLLOW THE ROADMAP TO SUCCESS.

METRO CUSTOM PUBLISHING

Tax Talk

Need Advice?

Caroline Battista
Tax Analyst at H&R Block

H&R BLOCK

U.S. Citizens Need To File With The IRS And Employment Expenses Are Probably Not A Tax Break

Q I use my phone for work? Can I claim a portion of my bills?

A Probably not. It usually has to be part of your employment contract before you can claim it. And your employer has to give you a signed T2200 Form in order to claim employment expenses like cell phones. But if you have a T4, you should be able to claim the Canada Employment Amount, which is about $168 in tax savings. This credit was meant to help with some of the costs of having a job, like parking, dry cleaning and cell phones.

Q I was born in the U.S. but my parents moved to Canada when I was 5. Do I have to file a U.S. return?

A It depends on your income but the answer is probably yes. Unless you formally renounce your U.S. citizenship, the IRS expects U.S. citizens to file a tax return if you earn over a certain amount. Don't worry, the U.S. Canada Tax Treaty means you won't pay double the tax, but you need to file a return. And if you have assets of more than $10,000 at any point during the year, you need to file a Financial Bank Account Report with the Treasury Department by June 30 or face penalties.

Visit *hrblock.ca* for a location near you

'Round the world wisdom

Don't be fooled by where your finish line falls

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.

LESSONS FROM THE DESERT
Stéfan Danis
life@metronews.ca

It's hard to resist taking a breath once you've overcome a hurdle, but don't let that sigh of relief prevent you from reaching your final goal. ISTOCK

I woke up on the last day of my six-day Gobi desert race having completed six marathons in five days and facing a measly 10-kilometre race to the finish. How hard could that be? "Done," I thought.

With this conclusion, having run a tough long race perfectly, I decided it was time to relax and celebrate. Nearby our camp was a beautiful meandering river and I couldn't resist its siren call. I decided to go clean my gear, and before I knew it, I jumped in too: it had been five days of collecting dust and not having washed. As extreme distance runners usually tape up various body parts to reduce chafing and blistering, and I then de-taped my mummified shoulders, back, chest, and feet. Free at last! It was heaven.

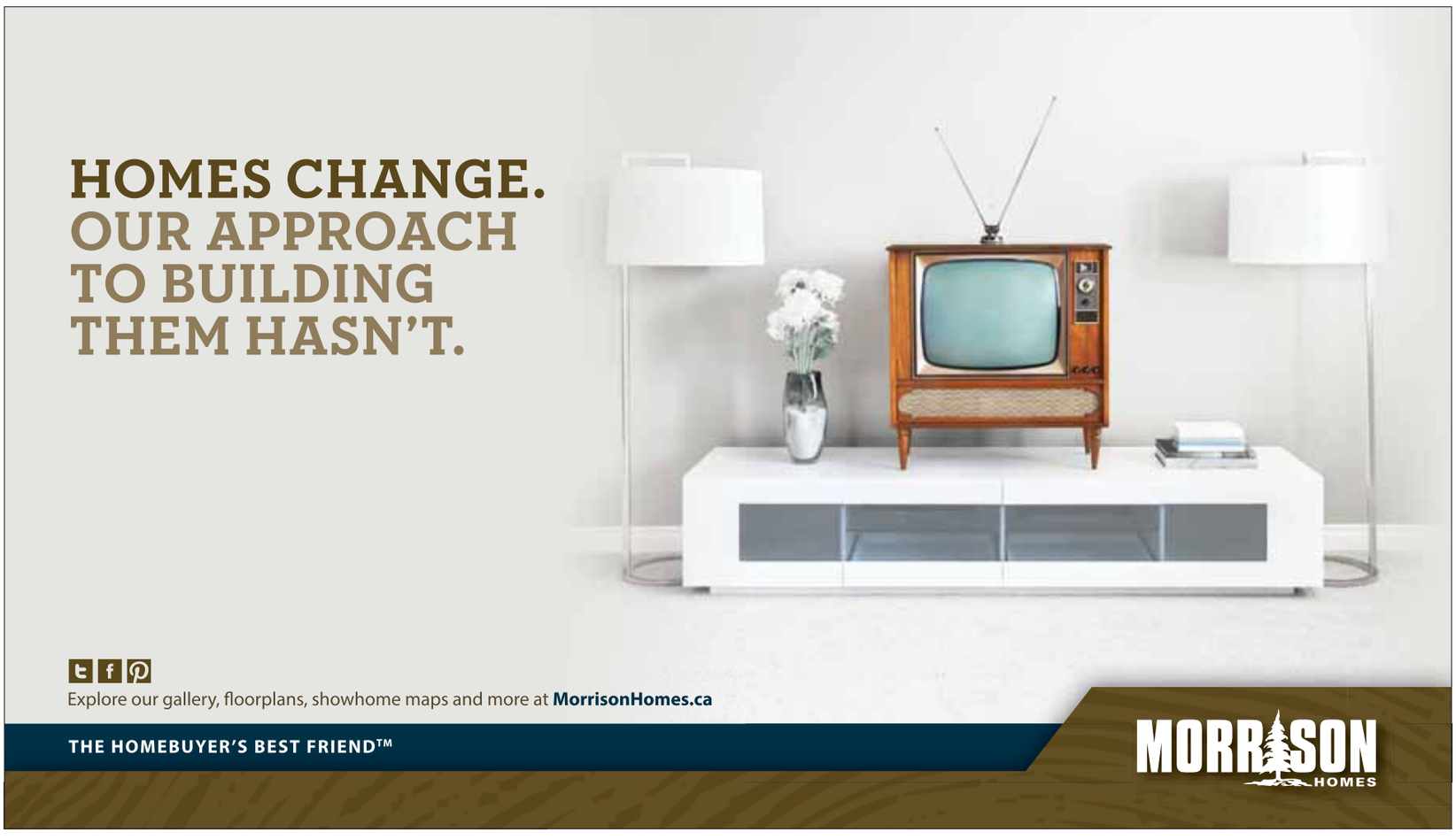
It was as if the universe had heard me and concurred: I had checked out emotionally and, 30 minutes later, so did my body. I imploded. My nose started to bleed, my toes got infected, my body started to shut down and only an aggressive cocktail of antibiotics allowed me to make it to the start line. After running hard for 240 km, I painfully walked the final 10 km, pulled by another racer for most of it. I finished almost last and lost precious positions in the overall rankings.

In the desert as in life, I have witnessed that smelling a finish line is an euphoric experience which can often be mistaken with actually crossing the finish line.

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

Feet, don't fail me now

"It was as if the universe had heard me and concurred: I had checked out emotionally and, 30 minutes later, so did my body. I imploded."



Not a dry eye in the house when this meat loaf performs

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

Meatloaf has always been a classic family favourite. It's about time we add some pizzazz to this traditional dish.

Using ground chicken or turkey is a leaner way to go. Four ounces of ground chicken have only 108 calories and one gram of fat compared to regular ground beef, with its 310 calories and 20 grams of fat!

I take the ground chicken mixture and layer it, using roasted red peppers, sun-dried tomatoes and Monterey Jack cheese. This not only adds flavour but is also beautiful when sliced.

For a variation, you can try making mini meat loaves by using either a muffin cup mould or mini loaf pan. Divide mixture into 12 servings.

The key to cooking poultry is to be sure it's always baked thoroughly, reaching an internal temperature of 165 F. I like to use the digital instant thermometer probe. Just preset it to 165 F and insert into the middle of the loaf until temperature is met.

You can buy roasted red bell peppers in water packed in a jar or roast a small red pepper cut into quarters in a 425-F oven for 15 minutes or just until the skin blisters. Remove the skin and chop.

Nutritional information

Per serving

- 280 calories; 13 g carbohydrates; 1.8 g fibre; 22 g protein; 14.3 g total fat; 4.9 g saturated fat; 130 mg cholesterol; 420 mg sodium

Directions

1. Preheat the oven to 425 F.

2. In a bowl, combine the ground chicken, bread crumbs, garlic, egg, onion, ketchup, dried basil and salt and pepper until well mixed.

3. Pat half the chicken mixture into the prepared loaf pan. Sprinkle with the green onions, red pepper and sun-dried tomatoes.

4. Mix the Monterey Jack and Parmesan cheeses and add all but 2 tbsp of the cheese mixture to the loaf. Pat the remaining chicken mixture over the filling

.

5. Bake for 20 minutes or until the interior temperature reaches 165 F. Sprinkle with the remaining cheese and bake for 2 minutes or until the cheese melts. THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN

FLASH FOOD

From your fridge to your table in 30 minutes or less

Ingredients

- 1 1/2 lb ground chicken
- 1/2 cup seasoned dry bread crumbs
- 1 1/2 tsp finely chopped garlic
- 1 large egg
- 1/4 cup finely chopped yellow onion
- 1/4 cup ketchup
- 1/2 tsp dried basil
- Pinch of salt and pepper
- 1/3 cup finely diced green onions
- 2 oz roasted red pepper, chopped
- 1/4 cup diced rehydrated sun-dried tomatoes
- 1/2 cup shredded Monterey Jack cheese or white aged cheddar
- 2 tbsp grated Parmesan cheese

This recipe serves six. MIKE MCCOLL, FROM THE BEST OF ROSE REISMAN (WHITECAP BOOKS)

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SPORTS 4

Skiers score pair of medals in Sochi

Sochi Paralympics. Success on slopes carries over to the rink, as the sledge hockey team moves to 2-0

Canada won two medals on the slopes and the sledge hockey team continued to roll Sunday at the Sochi Winter Paralympic Games.

Visually impaired skier Mac Marcoux of Sault Ste. Marie, Ont., and guide Robin Femy of Mont-Tremblant, Que., won their second bronze medal in as many days, finishing third in the super-G. The pair finished with a time of one minute 20.77 seconds.

Teammate Caleb Brousseau of Terrace, B.C., took bronze in the super-G men's sitting division, winning his first career Paralympic medal. Brousseau put down a time of 1:22.05.

In sledge hockey, Adam Dixon scored twice and Dominic Larocque added a goal and an assist Sunday as Canada defeated Norway 4-0.

Anthony Gale and Kevin Rempel added two assists, while Corbin Watson had to make just six saves to get the shutout as Canada improved to 2-0.

Larocque scored on the power play 4:20 into the second period to snap a scoreless tie. It was his third of the tournament after picking up two goals in Canada's 10-1 victory over Sweden on Saturday.

Dixon, who had two goals and two assists against Sweden, then made it 2-0 with 4:26 to go in the second before making it 3-0 at 1:07 of the third.

Marc Dorion then scored his first of the tournament with 21.8 seconds left in the game to round out the scoring.

Dixon and Gale both have six points after two games.

Canada has an off-day on Monday before taking on the Czech Republic on Tuesday.

Norway, which defeated Canada in the bronze-medal game at the 2010 Vancouver Paralympics, will meet Sweden the same day. THE CANADIAN PRESS

Other results

- Calgary skier Kurt Oatway was ninth in the men's sitting division, and Kirk Schornstein of Spruce Grove, Alta., was 13th in the men's standing category.
- Sitting skier Josh Dueck of Kimberley, B.C., and standing skiers Matt Hallat of Coquitlam, B.C., and Braydon Luscombe of Duncan, B.C., did not finish their runs.
- In para-Nordic skiing, Chris Klebl of Canmore, Alta., was the top Canadian, placing sixth in the men's 15-km sit-ski race.
- Saskatoon's Colette Bourgonje finished 13th in the women's 12-kilometre sit ski race.
- In wheelchair curling, Canada defeated Sweden 7-4 and now sits 3-0 in round-robin play.

Bronze medallists Mac Marcoux, left, and his guide Robin Femy acknowledge the crowd after the men's visually impaired Super G final at Rosa Khutor Alpine Center on Sunday in Sochi. HANNAH PETERS/GETTY IMAGES

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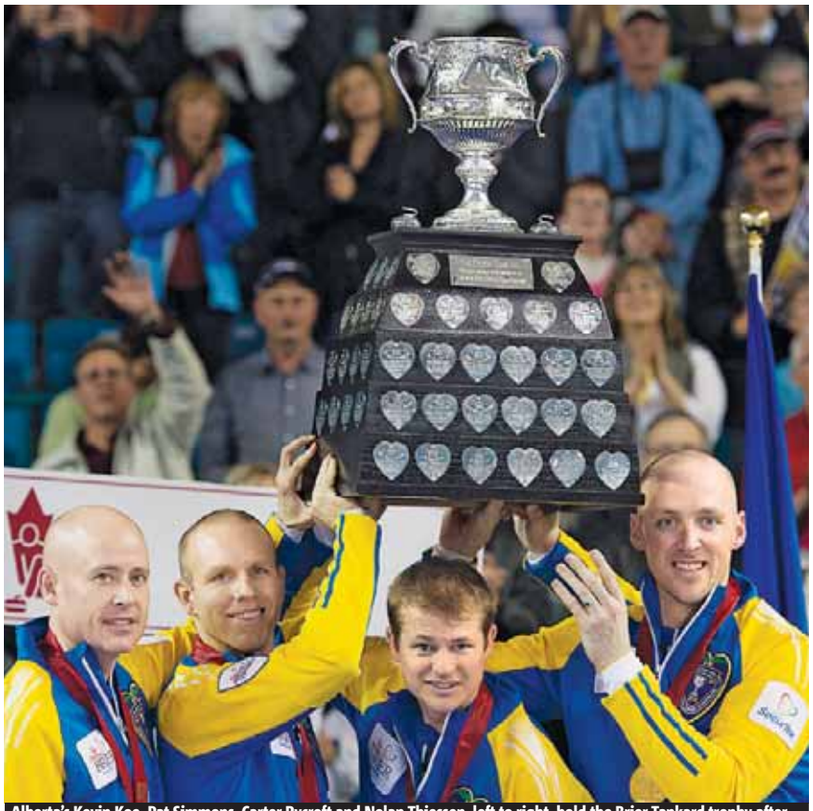


Alberta's Kevin Koe, Pat Simmons, Carter Rycroft and Nolan Thiessen, left to right, hold the Brier Tankard trophy after defeating B.C. 10-5 at the Tim Hortons Brier in Kamloops, B.C., on Sunday. ANDREW VAUGHAN/THE CANADIAN PRESS

Koe, Alberta make quick work of B.C. to capture Brier

Curling. Calgary crew takes advantage of opponent's mistakes in dominant performance

Calgary's Kevin Koe did it the hard way again.

After struggling a little to make the final game, Koe emerged with his second Canadian men's curling championship, after a dominating 10-5 win over John Morris and British Columbia.

"That's the way we kind of do it sometimes," Koe said. "We can't seem to get firing on all cylinders all the time."

Koe could have finished first at the Tim Hortons Brier this week but he lost his last round-round game to Quebec and created a three-way tie for top spot with B.C. and Manitoba.

The tiebreaking formula gave B.C. hammer and choice of rocks in the 1-2 Page playoff game, which they won.

Koe then had to play Quebec again, after they beat Manitoba in the 3-4 game to get into the final. He's used to it, since he had to fight even harder to win his first title in 2010 when he came up from the 3-4 game.

Alberta capitalized on B.C.'s mistakes to score three big three-enders. If not for the needs of television, the handshakes would likely have come in eight, but they played nine ends.

It was a crushing end to a Cinderella week for Kamloops native son Jim Cotter, who throws fourth stones for B.C. and had been solid all week but made some of those mistakes that cost his team the game Sunday.

"Jimmy had some uncharacteristic misses there and we were fortunate and when it did happen, we really capitalized," said Koe. "The first three was the big one."

THE CANADIAN PRESS

Falling short at home

"They were bang on. They were making everything. It's tough to come back from that."

Kamloops native Jim Cotter, who made some costly errors for B.C.

Hockey Night in Canada

Strombo to step into MacLean's shoes: Report

George Stroumboulopoulos will reportedly be the next host of Hockey Night in Canada.

TSN reporter Bob McKenzie tweeted Sunday the CBC host of George Stroumboulopoulos Tonight will become the face of the show when Rogers Communications Inc. takes control of Canada's NHL broadcasting rights next season.

Stroumboulopoulos was not made available for comment. A spokesperson for Rogers Sportsnet also declined to comment.

The hiring of Stroumboulopoulos would be the first major personnel change made by Rogers after acquiring the NHL rights in a blockbuster 12-year, $5.2-billion deal in November.

McKenzie also reported the Coach's Corner segment will continue another two years.

Ron MacLean, who has hosted Hockey Night in Canada full time since 1987, will still be involved with a reduced role, McKenzie reported. THE CANADIAN PRESS

NHL. Hawks' Kane scores a beauty for grandfather in Buffalo homecoming

First, Patrick Kane gave his family and friends something to cheer about by scoring a highlight-reel goal in a rare trip home to Buffalo on Sunday night.

Then, Kane stuck around an hour after the Chicago Blackhawks' 2-1 victory over the Sabres to pose for pictures and sign autographs in the stands.

As homecomings go, Kane's was nearly complete except that his beloved grandfather Donald Kane was not around to see it after passing away last month.

"No matter what, you're going to miss him," Kane said, following only his fourth NHL game at Buffalo. "But life goes on, and I think more importantly, I have a lot of family here at the game that came and supported me."

Coach Joel Quenneville saw a jump during a performance in which Kane snapped a five-game goal drought that began after his grandfather's death.

"I thought Kane was special," Quenneville said. "He was a threat and had the puck on his stick tonight: very dangerous and nice to see him play well here at home."

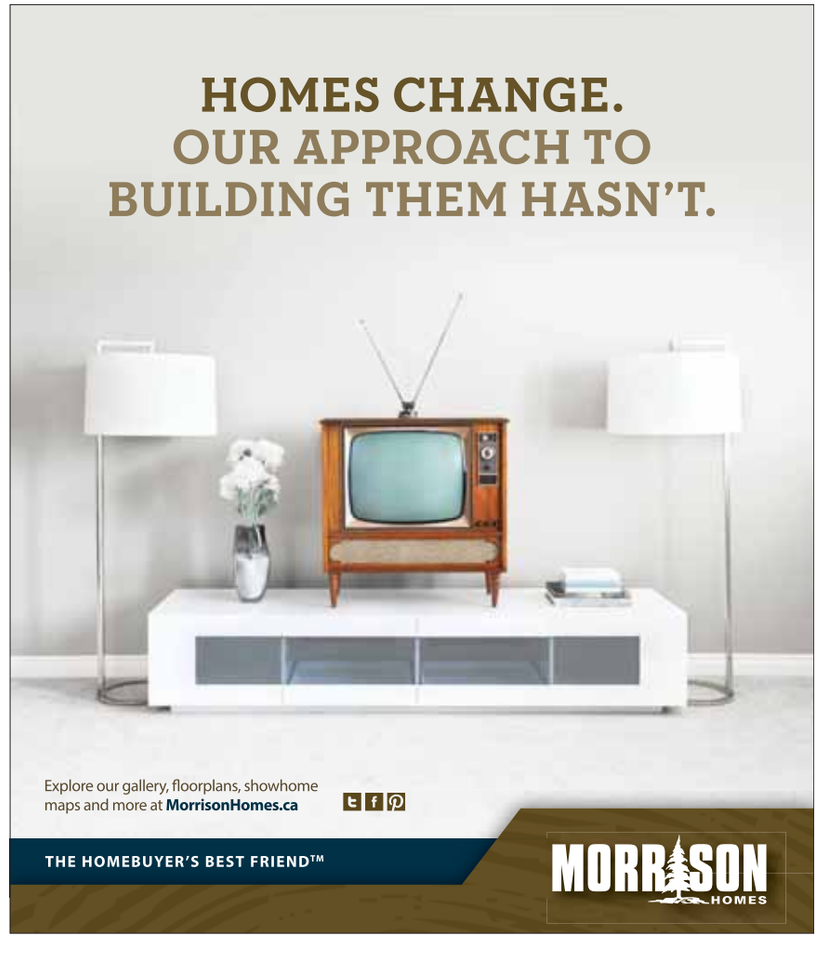
Patrick Kane, left, celebrates a goal with Patrick Sharp and Michal Handzus. SEAN RUDYK/GETTY IMAGES

Kane opened the scoring 3:12 in by capping a breathtaking rush. Bursting past defenceman Christian Ehrhoff, he snapped a shot through the legs of defenceman Chad Ruhwedel that beat goalie Jhonas Enroth over the left shoulder.

Captain Jonathan Toews secured the win by scoring the go-ahead goal 1:34 into the third period.

Corey Crawford stopped 20 shots, and the Blackhawks (38-13-14) snapped a two-game road skid.

THE ASSOCIATED PRESS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♈ Aries
March 21 - April 20
The planets are encouraging you to break out of a rut and live closer to the edge for a while. Security is all well but an Aries needs excitement too, so do something out of the ordinary this week.

♉ Taurus
April 21 - May 21
Speak your mind today. If certain people don't like it that's just too bad — in fact it's a good sign. Jupiter in the communications area of your chart indicates your words will have the desired effect.

♊ Gemini
May 22 - June 21
Challenges keep coming, and you keep dealing with them in your own way. There are few things that faze you and what life chooses to throw at you over the next seven days, you will handle it with ease.

♋ Cancer
June 22 - July 23
You will be at your best this week. Jupiter in your sign makes all things possible and, more importantly, makes you believe all things are possible. If you possess self-belief, there is nothing you can't accomplish.

♌ Leo
July 24 - Aug. 23
Try not to commit yourself to anything that can't be changed at a moment's notice. The planets are unsettled, so be prepared to drop what you are working on and start something new and exciting.

♍ Virgo
Aug. 24 - Sept. 23
No matter what problems you face over the next few days, you'll be able to deal with them. Get them out of the way quicker by asking for help.

♎ Libra
Sept. 24 - Oct. 23
You will make an impression over the next seven days but will it be of the right sort? That depends on how well you get along with the people you work with and for. Be confident but not arrogant.

♏ Scorpio
Oct. 24 - Nov. 22
You won't have to work hard to get what you want this week. With both Sun and Jupiter on your side, others will happily provide you with whatever it is that is good for you.

♐ Sagittarius
Nov. 23 - Dec. 21
Doors that have been closed to you in the past will start to open over the next few days but for some reason you may decide not to walk through. Even if you cannot explain your reluctance, listen to what your inner voice tells you.

♑ Capricorn
Dec. 22 - Jan. 20
Don't get carried away with your success. The current cosmic picture makes most things possible for you but that does not mean you should try to do everything.

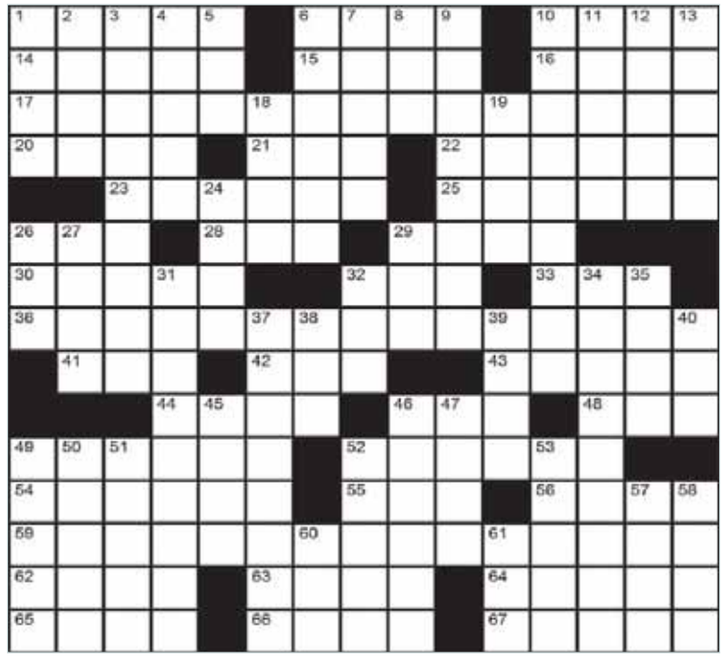
♒ Aquarius
Jan. 21 - Feb. 19
You may have to force yourself to be enthusiastic about what has to be done today but it will be worth the effort. By midweek, everyone will be patting you on the back.

♓ Pisces
Feb. 20 - March 20
Is what you are doing with your life what you want to be doing? If not, think about what changes you can make to bring your reality in line with your dreams. Jupiter makes all things possible. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

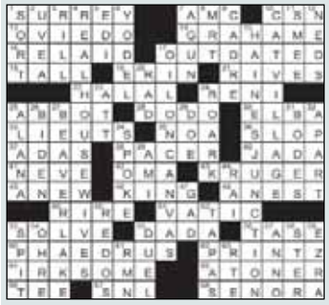
BY KELLY ANN BUCHANAN



Across
1. Kootenays village in British Columbia
6. Phone
10. Li'l Abner cartoonist Al
14. Consuming-food person
15. Amazon Rainforest berry
16. Ancient concert sites
17. Neurologist who, in 1992, became the first Canadian female astronaut in space: 3 wds.
20. Traverse
21. Baseball stat.
22. Tempt
23. Manitoba town north of Winnipeg
25. Poured
26. Scottish "Gee!"
28. Eggs-layer
29. Ms. Arden
30. Body
32. Tone-__ (Rap star)
33. Martian's maneuver-ee, minutely
36. Colgate containers: 2 wds.
41. Caustic solution
42. Free
43. "Oh My Darling, Clementine" part: "... excavating for _ ___..."
44. "__ Dead II" (1987)
46. Ad __ committee
48. ISP, e.g.
49. __ and onions (Frying pan partners)
52. Reality star Heidi
54. Highest orbital point
55. Mineral kind
56. Carrie Fisher's Princess
59. Great song by Canadian folk duo Ian & Sylvia: 3 wds.
62. Escape
63. Swiss river, variantly
64. Mr. Bruckner of classical music
65. Electronics company
66. Grandpa's portrayer on "The Waltons", Will __
67. Painting surface

Down
1. Shoe brand since 1916
2. 50+ org. in The States
3. Ontario municipality near London, __-Caradoc
4. Sierra's partner
5. Sphere
6. __-14 dating
7. Singin', Dancin' and what else?
8. One of the Teletubbies, when doubled
9. 'Mr. Showmanship' played by Michael Douglas
10. Canadian Sci-Fi show on Showcase
11. Contribute to the mix: 2 wds.
12. Tranquility
13. Did apple prep work
18. __ Stanley Gardner (Detective novelist)
19. __ upswing: 2 wds.
24. "I'm in trouble now!": 2 wds.
26. Senators, on scoreboards
27. Hip
29. Scribble
31. Metallic hue: 2 wds.
32. Psychedelic drug
34. "Open up! This is the..." sayers on TV: 2 wds.
35. Vintner's prefix
37. Store's info-for-purchasers item: 2 wds.
38. Feel awful
39. Diplomacy
40. Salt, in Paris
45. Contends
46. Little Jack __
47. Blood type, _ __.
49. Big fishing hooks
50. __ Anton Ohno
51. Cathedral city in northern France
52. MTM's second 'M'
53. Skirt style
57. Marriage ceremony exchanges: 2 wds.
58. "It should come __ __ surprise..."
60. "Norma __" (1979)
61. Dog's tail movement

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku

7	9	3	6	4	1	2	8	5
4	2	8	5	9	3	7	6	1
6	5	1	2	8	7	9	3	4
8	6	7	4	2	9	5	1	3
5	3	9	1	6	8	4	2	7
2	1	4	3	7	5	6	9	8
9	8	2	7	3	4	1	5	6
1	7	6	8	5	2	3	4	9
3	4	5	9	1	6	8	7	2

Weather

TODAY	TUESDAY	WEDNESDAY
MAX: 6° MIN: -6°	MAX: 6° MIN: -4°	MAX: 11 MIN: -3°

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METEOROLOGIST
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WEEKDAYS 5:30 AM

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$125

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2014 RAM 1500 ST R/CAB

$19998

$121

2014 JEEP WRANGLER SPORT 4 DR.

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SAVE $5,019

$194

2014 GRAND CHEROKEE OVERLAND

$54998

$325

2014 GRAND CARAVAN SXT

$27498

$164

2014 RAM 1500 SPORT

$39998

$237

2014 JEEP WRANGLER SAHARA 4 DR.

$34448

SAVE $3,902

$205

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$CALL

SRT8 470 HP!

$433

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$34497

SAVE $10,108

$205

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SAVE $14,792

$208

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